



"I encourage everyone to make our families and communities safer by planning and preparing now how you will handle any emergency. By simply taking these five easy steps to prepare, we can plan now and be ready."

--Governor Bob Riley

1

Make a Family Communications Plan

Plan in advance what you will do in an emergency. Depending on your circumstances and the nature of the event, the first important decision is whether you stay put or get away.

- ◆ **Develop a Family Communications Plan:** Your family may not be together when disaster strikes, so plan how you will contact one another and review what you will do in different situations. Consider a plan where each family member calls, or e-mails, the same friend or relative in the event of an emergency.
- ◆ **Create a plan to "Shelter-in-Place":** There are circumstances when staying put and creating a barrier between yourself and potentially contaminated air outside, a process known as "shelter-in-place," can be a matter of survival. Choose an interior room or one with as few windows and doors as possible. Consider precutting plastic sheeting to seal windows, doors and air vents.
- ◆ **Create a Plan to Get Away:** Plan in advance how you will assemble your family and anticipate where you will go. Choose several destinations in different directions so you have options in an emergency. If you have a car, keep a half tank of gas in it at all times. Become familiar with alternate routes as well as other means of transportation out of your area. If you do not have a car, plan how you will leave if you have to. Take your emergency supply kit and lock the door behind you.
- ◆ **Plans at School and Work:** Think about the places where your family spends time: school, work and other places your family frequents. Talk to your children's schools and your employer about emergency plans. Find out how they will communicate with families during an emergency.

Preparing makes sense.

*The likelihood that you and your family will survive a house fire depends as much on having a working smoke detector and an exit strategy, as on a well-trained fire department. The same is true for surviving a disaster or terrorist attack. We must have the tools and plans in place to make it on our own, at least for a period of time, no matter where we are when disaster strikes. Just like having a working smoke detector, preparing for the unexpected makes sense. **Be ready.***

2

Make an Emergency Supply Kit

Be prepared to make it on your own for at least three days, or longer. Consider putting together two kits. In one, put everything needed to stay where you are and make it on your own. The other should be a light, smaller version you can take with you if you have to get away.

- ◆ **Water-** You'll need a gallon of water per person per day.
- ◆ **Food-** Include in the kits canned and dried foods that are easy to store and prepare.
- ◆ **Warm Clothes-** If you live in a cold weather climate, include warm clothes and a sleeping bag for each member of the family.
- ◆ **Emergency supplies-** Start now by gathering basic emergency supplies and setting them aside- a flashlight, a battery-powered radio, extra batteries, a first-aid kit, toilet articles and other special things your family may need.
- ◆ **Medications-** Be sure to have a supply of medications for all family members.
- ◆ **Masks-** Plan to use two to three layers of a cotton t-shirt, handkerchief or towel. Or, consider filter masks, readily available in hardware stores, which are rated based on how small a particle they filter. It is very important that the mask or other material fits your face snugly so that the air you breathe goes through the mask, not around it. Do whatever you can to make the best fit possible for children.
- ◆ **Barriers-** Also, include duct tape and heavyweight garbage bags or plastic sheeting that can be used to seal windows and doors if you need to create a barrier between yourself and any potential contamination outside.

3

Get Trained

In 95% of all emergencies bystanders or the victims are the first to respond to any emergency. In a large-scale disaster police, fire and medical response could be delayed due to interrupted communication, blocked roads or limited resources. It is vital that individuals are able to assist others until professional emergency responders can arrive. Your local **Citizen Corps** Council can assist you in obtaining training opportunities.

4

Get Involved

Volunteering not only provides a service to others but it supports and strengthens communities. Countless volunteer opportunities are available ranging from working with local law enforcement agencies or neighborhood watch programs to checking on an elderly neighbor. Contact your local Citizen Corps Council or The Governor's Office of Faith-Based and Community Initiatives for more information.

5

Give Blood

In America a blood transfusion is needed almost every two seconds. Since the need for blood increases in an emergency, blood supplies can be rapidly depleted. Make a commitment to donate frequently and ensure that this vital resource is available when we need it most.

"I cannot overstate how important it is for every Alabamian to take appropriate steps to prepare for a natural or man-made disaster. Readiness is a shared responsibility, and so is staying alert to suspicious activities. Please report unlawful behavior or suspicious activities immediately to local law enforcement. It will take a total team effort to eradicate terrorism, so stay ready, stay informed, and stay involved."



Alabama Department of Homeland Security
--Director Jim Walker

PREPARING MAKES SENSE

**YOUR CHANCES OF SURVIVING
ANY DISASTER DEPEND ON YOUR
ABILITY TO RESPOND.**

**THERE ARE SIMPLE STEPS THAT EACH OF US
SHOULD TAKE TO PROTECT
OURSELVES AND LOVED ONES FROM ANY
NATURAL OR MAN-MADE EMERGENCY.**

THE NEED TO PREPARE IS CRITICAL.

**IN 95% OF ALL EMERGENCIES, BYSTANDERS OR
VICTIMS THEMSELVES ARE THE FIRST TO
PROVIDE EMERGENCY ASSISTANCE OR TO
PERFORM A RESCUE**
LOS ANGELES FIRE DEPARTMENT

REPORT SUSPICIOUS ACTIVITIES

**THE INDIVIDUAL CITIZEN IS AMERICA'S MOST
VALUABLE ASSET IN THE WAR ON TERRORISM.**

**PROTECTING HOMES, NEIGHBORHOODS,
COMMUNITIES, SCHOOLS, STORES, PLANTS,
FARMS, AND FACTORIES IS A SHARED
RESPONSIBILITY.**

**NOTIFY LOCAL LAW ENFORCEMENT
IMMEDIATELY TO REPORT SUSPICIOUS
ACTIVITY AND BEHAVIOR.**



To find out how to help
prepare your community, visit
www.citizencorps.gov

READY.GOV
Don't be afraid...Be Ready

**1-800-BE-READY
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Preparing Makes Sense.



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